

FRONT & CENTER

MAY 2011

ENFIELD SENIOR CENTER NEWS AND ACTIVITIES

Craft Fair

Saturday, May 7

Three events in one day!

Shop for handcrafted gifts, sweets and goodies made by our talented volunteers. Enjoy breakfast before or after you shop.

CRAFT AND BAKE SALE

8 am - 1 pm



LIONS CLUB PANCAKE BREAKFAST

8 am - Noon



ENFIELD GARDEN CLUB PLANT SALE

9 am - Noon



Bill Florian of the New Christy Minstrels
Dinner and Entertainment
Friday, May 20 • 5 pm
R \$14 NR \$15

Come along on an upbeat and energetic musical journey! Bill will evoke warm memories with his renditions of America's greatest songs of the sixties, including those performed as a lead singer of the famous New Christy Minstrels. Listen to the music of Peter, Paul & Mary, John Denver, Pete Seeger, the Mamas & The Papas and others. Experience an uplifting, amusing and intimate show with performances of "Leavin' on a Jet Plane," "This Land is Your Land," "Puff the Magic Dragon," "California Dreamin'" and more. First, enjoy a delicious served meal of Breast of Chicken Florentine, Oven Browned Red Potatoes, Fresh Seasonal Vegetables, and Strawberry Shortcake.

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INSIDE THIS ISSUE:

AARP, Clubs & Groups	6
Arts, Crafts, & Recreation	14
Clinics, Screenings & Support	10
Dining Out Around Town	9
Movies & Games	5
Fitness Classes	12-13
Ongoing Programs	8
Programs & Services	7
Seminars	11
Senior Net Computer Classes	15
Special Events	3
Trips	4

ENFIELD SENIOR CENTER

299 Elm Street, Enfield, CT 06082

PHONE: (860)763-7425

FAX (860)763-7429

E-MAIL: SeniorCenter@enfield.org

WEBSITE: www.enfield-ct.gov

Click on Senior Center

HOURS: Office opens at 8:30 am

Monday -Thursday 8 am to 8 pm

Friday 8 am to 5 pm

SENIOR COMMUNITY CAFÉ..(860)763-7428

For lunch reservations call by noon the day before and leave a message

SENIOR CENTER PHONE LIST:

Main Office(860)763-7425

Arts & Crafts.....(860)763-7437

PRIME Fitness Room.....(860)272-3554

Meals on Wheels(860)763-0400

Dial-a-Ride(860)272-3545

Memorial Donations

Memorial Donations are a meaningful way to remember a loved one while helping others. We gratefully acknowledge those who have recently made memorial donations.

In Memory of Rosemary Carroll:

Craig & Nancy Lowry, Windsor Locks, CT

James & Gayle Carroll, Falmouth, MA

The Paul Carroll Family, Uncasville, CT

Jean Dicesare, Enfield, CT

James & Katharine Doten, Enfield, CT

Kathleen Roncaioli, Portland, CT

John & Joyce Saunders, Enfield, CT

Gloria Sawtelle, Enfield, CT

Peter & Mary Elyn Uricchio, Enfield, CT

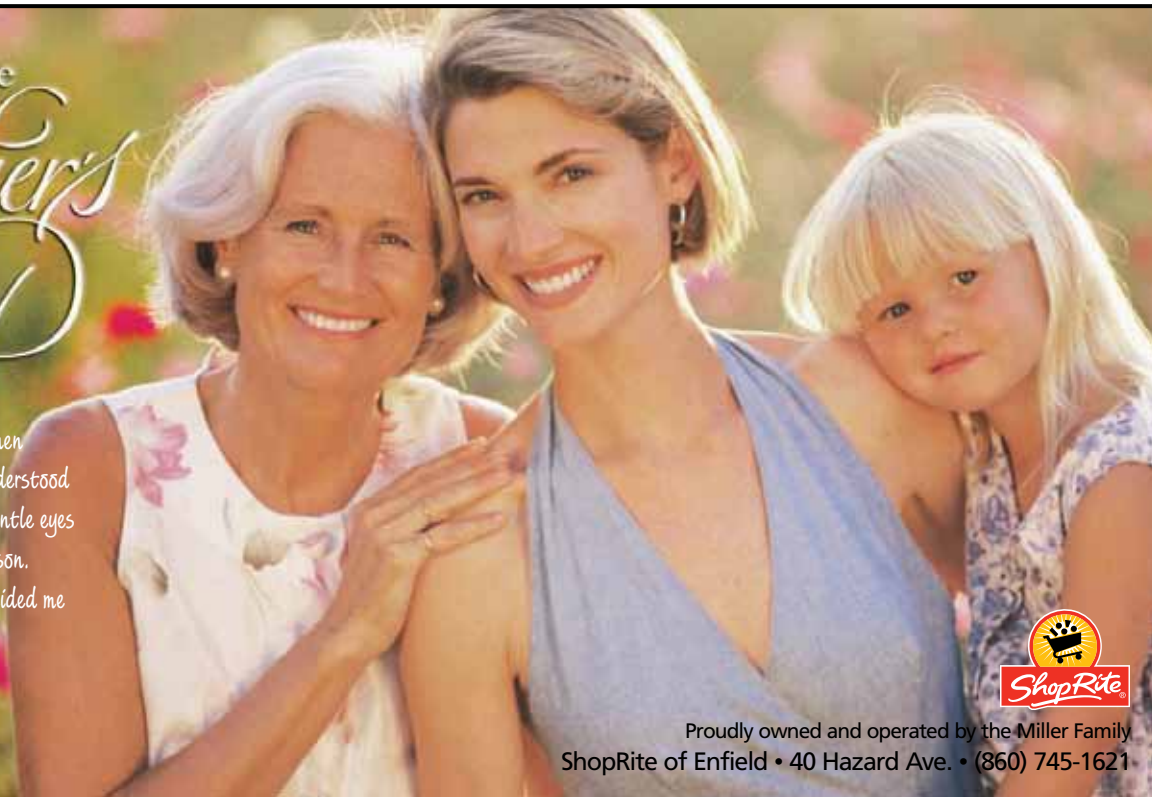
*Thank You
for Remembering the
Senior Center*



Celebrate
Mothers Day

Your arms were always open when
I needed a hug. Your heart understood
when I needed a friend. Your gentle eyes
were stern when I needed a lesson.
Your strength and love have guided me
and gave me wings to fly.

— Sara Malin



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Craft Fair

Saturday, May 7

Three events in one day!

Shop for handcrafted gifts, sweets and goodies made by our talented volunteers. Enjoy breakfast before or after you shop.

CRAFT AND BAKE SALE

8 am - 1 pm



LIONS CLUB PANCAKE BREAKFAST

8 am - Noon



ENFIELD GARDEN CLUB PLANT SALE

9 am - Noon



Line Dance Jamboree

Thursday, May 12 • 1 pm

\$5 per person

Enjoy an afternoon of line dancing followed by cold cut grinders, chips and soda.

Bill Florian of the New Christy Minstrels Dinner and Entertainment

Friday, May 20 • 5 pm

R \$14 NR \$15



Come along on an upbeat and energetic musical journey! Bill will evoke warm memories with his renditions of America's greatest songs of the sixties, including those performed as a lead singer of the famous New Christy Minstrels. Listen to the music of Peter, Paul & Mary, John Denver, Pete Seeger, the Mamas & The Papas and others. Experience an uplifting, amusing and intimate show with performances of "Leavin' on a Jet Plane," "This Land is Your Land," "Puff the Magic Dragon," "California Dreamin'" and more. First, enjoy a delicious served meal of Breast of Chicken Florentine, Oven Browned Red Potatoes, Fresh Seasonal Vegetables, and Strawberry Shortcake.

Police Benevolent Association Picnic

Friday, June 3 • 12 pm

Free

The Enfield Police Department would like to get to know the older adults in the community. They are sponsoring a picnic with free grilled hot dogs and hamburgers at Enfield Rotary Park at the Enfield Senior Center. Bring chairs along and enjoy an afternoon with these dedicated men and women. The Senior Center will sponsor entertainment by the Glastonbury Ukulele Band. Pick up a ticket in the Senior Center office.

Upcoming Events

Love to Line Dance Evening Party

Friday, June 10 • 6 pm \$7 per person

This special event is for all of the Line Dancers who want a fun evening out and for those who just can't make it during the day. A wild night of dancing!

Cruisin' the Fifties with Jimmy Mazz

Monday, June 13 • 6 pm \$7 per person

Jimmy Mazz is one of the Enfield Senior Center's favorite performers. You do not want to miss this high-energy show.

Singles Dinner and Party

Friday, June 17 • 5 pm \$14 per person

All singles are invited for dinner, dancing, and fun.



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4 Trips

SAVE THE DATES!

Stop by for trip flyers with more detailed information

Please note that return times are approximate

Attention Bermuda Cruise Passengers

The pre-trip Information Meeting for the Bermuda Cruise (May 27-June 3) is scheduled for **Monday, May 9, at 4 p.m.**

It's important that passengers attend this meeting to gather last minute details about your trip to beautiful Bermuda. **Reminder:** Passports are required for this Cruise.

Sunday Brunch Cruise on the Lady Katherine's ship *Mystique* June 12, 2011

Enjoy 2 ½ hours cruising the CT river while enjoying a delicious brunch buffet, live entertainment and scenic vistas. Brunch includes everything from delicious breakfast pastries to an Omelet and Egg Station, Pancakes, Ham, Pork Loin, Beef Tenderloin, Baked Filet of Sole to Stuffed Breast of Chicken and elegant desserts. Gourmet dining, five-star service and breathtaking river views will offer you a wonderful day on the Connecticut River. The day doesn't end when you depart the ship. On the way home, we'll stop at Cabela's Outdoor store in East Hartford. Cost is \$104 per person. Departure time: 10:30 a.m. Return time: 5 p.m.

"Block Island Breeze" June 28, 2011

Enjoy the summer sunshine while touring Block Island. Our ferry ride to Block Island will depart from Point Judith, RI. Upon arrival on the Island, you'll board a local sightseeing bus to learn about the

community and natural history of the Island. Majestic 200 foot Mohegan Bluff, Southeast Light and North Light will be areas of interest. Following your tour, lunch will be served at the National Hotel, a beautifully restored Victorian hotel, centrally located in Old Harbor, famous for its oceanfront porch. Cost is \$111 per person. Departure time: 6:30 a.m. Return time: 7:30 p.m.

Boston Pops @ Tanglewood - July 17, 2011

Enjoy a matinee performance of the Boston Pops at the famous Tanglewood Theatre in the Berkshires. Keith Lockhart will be conducting a special tribute to the great Cole Porter with two of Broadway's acclaimed stars, Kelli O'Hara, nominated for 3 Tony Awards, and Jason Danieley, who has been called "the most exquisite tenor on Broadway". Prior to the afternoon performance, enjoy a delicious Brunch Buffet at the Cranwell Resort, the only Four Diamond Resort in the Berkshires, located high on a hilltop with breathtaking views. Cost is \$128 per person. Departure time: 10 a.m., Return time: 6:30 p.m. Sign up date is Friday, May 13, 2011, 10-11 a.m. at the Senior Center.

3-day "Niagara Falls Adventure",

Canada. October 4-6, 2011 - Cost is \$399 pp/dbl occupancy. Departure time: 7:15 a.m. Return time: 8:00 p.m.

DON'T MISS OUT ON THIS EXCITING TRIP! RESERVATIONS WILL GO FAST!

6 day trip "Great Trains & Grand Canyons, October 23-28, 2011

- Join us for an exciting adventure west to Sedona, Arizona where you'll take two rail journeys on the Grand Canyon Railway and the Verde Canyon Railroad. We'll visit the South Rim of Grand Canyon Nat'l Park, Oak Creek Canyon, Chapel of the Holy Cross, Montezuma Castle Nat'l Monument and many other sites. Cost is \$2265 per person/dbl. occupancy

4-day Washington, DC trip -

November 10-13, 2011 - Cost is \$529 pp/dbl occupancy. Departure time: 7:00 a.m. Return time: Early evening.

2 day trip to "Sweet Little Hershey", Hershey, PA - December 5-6, 2011

- Cost is \$299 pp/dbl occupancy. Departure time: 7:00 a.m. Return time: 8:45 p.m.

2012 Hawaiian Island's Cruise Norwegian Cruise Line - January 19-29, 2012

- Trip Flyers are available at the Enfield Senior Center. Honolulu, Oahu, Kahului, Maui, Hilo & Kona Hawaii, Nawiliwili, Kauai. \$3599/pp., Inside Cabin/DbL.

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Movie & Quesadilla Dinner Night

The King's Speech

Monday, May 2 • 5 pm

\$5 per Person with dinner and a drink

\$2 per Person movie only (Begins at 6 pm)



Starring Colin Firth, Guy Pearce and Helena Bonham Carter, this is the story of nervous-mannered King George "Bertie" VI as he comes into his own after reluctantly donning the crown. Forming an unlikely and unconventional bond with his speech therapist, King George VI overcomes the stutter that raised questions about his leadership abilities.

Movie

Life As We Know It

Monday, May 16 • 6 pm

\$2 per Person movie and popcorn

(Begins at 6 pm)

Two people who can't stand each other are forced to care for the same child, Sophie, in this domestic comedy drama starring Katherine Heigl and Josh Duhamel. Somewhere between the conflicting schedules and drastic lifestyle changes, the reluctant couple realizes that with help from Sophie, they're starting to resemble a real family.



A "Minute to Win It" Challenge Night!

Wednesday, May 4 • 7 pm

\$2 per Contestant

Based on the NBC game show of the same name, "Minute to Win It" contains challenges in which contestants compete for a prize. The challenges are created using various household materials and objects. Featured games for May 4 are: Baby Blockin', Bridge the Gap, Bouncer and Breakfast Scramble. Please register at the Front Desk for this fun-filled night and an opportunity to win a prize!

A Legacy of Friendship

We have received several monetary gifts that help us to continue to provide services to community older adults. If the Enfield Senior Center has been important in your life, consider making a contribution by including the Friends of the Enfield Senior Center in your will. A bequest, even as small as \$100, could help us to continue our mission.

REACH SENIORS by Advertising in This Publication!



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- Julian J. Leavitt Family Jewish Nursing Home
- Spectrum Home Health and Hospice Care
- Ruth's House - An Assisted-Living Residence
- Wernick Adult Day Health Care Center
- JGS Family Medical Care
- Genesis House

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6 AARP, Clubs & Groups

AARP Chapter 3062 Meeting
Thursday, May 5 • 1:30 pm

Monthly Potluck Supper
Wednesday, May 11 • 5:30 pm

PRESIDENT: Evie Wheat 860-745-3856
TRIPS: Evelyn Lesniak 860-749-8798
Stacia Lesniak 860-749-3714

AARP Driver Safety Classes
Enfield Senior Center
Thursday, May 26 • 1:30 - 5:30 pm
Call 860-763-7425 to register

Armchair Birders
Thursday, May 12 • 6 pm

Exchange feeding tips, get help identifying the birds at your feeder and birds you might see locally, and enjoy the camaraderie of fellow wildlife enthusiasts.

Book Discussion Group
Tuesday, May 17 • 5 pm

The May book is *The Kite Runner* by Khaled Hosseini. Books are placed on reserve at the Enfield Public Library and are available the first week of any given month. Please return books the day after the book discussion meeting.

Crossword Puzzle Club
Wednesday, May 11 • 7 pm

If you enjoy this challenging word game and would like to share your word finesse with others, come join the new Crossword Puzzle Group. The second meeting of this group will include both easy and challenging puzzles for all abilities. Collaborate with others on puzzles, share your skills and answers. And, yes, cheating is allowed! Bring your Crossword Dictionary. This is a free gathering.

Current Events Discussion Group
Mondays, May 9 and May 23 • 2:30 pm

Join our group for lively discussions of world events. New members always welcome.

Enfield Single Seniors
Wednesday, May 18 • 6 pm

Join us in the Senior Center Dining Room for socialization, outings, icebreakers and just plain fun. *For information, call Ben Perreault, Coordinator 860-745-4261.*

Goldtones Choral Group
Thursdays • 10 am

Lend your voice to this friendly group. Throughout the year the group entertains at area nursing homes and senior centers and presents concerts at the Enfield Senior Center.

Investment Club
Thursdays, May 12 and May 26 • 2 pm

Share information and discuss smart investment strategies. No money is collected or pooled, as this group meets for discussion only.

Italian Conversation Group
Fridays • 9:30 am

Talk about Italy, practice your Italian, or just have a cup of coffee with some friendly Italian speakers. No need to register, just stop by.

Polish Conversation Group
Thursday, May 19 • 2 pm

If you speak Polish, but don't often get a chance to use it, please join our group to converse with others and enjoy your Polish heritage.

Train Club
Tuesday, May 24 • 6:30 pm

A hobby club for train enthusiasts. Socialize with others who share your interest in trains.



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- Periodontics
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- Teeth Whitening
- Immediate Emergency Dental Care

**We'll Give You
a Winning Smile!**



Ask the Lawyer

Wednesday, May 25 • 10 am - Noon

Attorneys Marcia Hess and Neil Kraner will be available for 15 minute private appointments at the Enfield Senior Center on the last Wednesday of every month. Make an appointment by calling the Senior Center office. There could be a little waiting, because some appointments may take a little longer than others, but this is a great opportunity to have questions answered.

Bingo

The games begin at 6:30! Play a \$150



Early Bird Bonanza, 4 \$100 specials, winner-take-all weekly progressive up to \$2000 and a free quickie game. Purchase a minimum of three strips for \$15. Ice cream sundaes are available at intermission.

Have fun and help us out at the same time! All proceeds benefit the Senior Center programs and services.

Tuesday Night Bingo Supper 5 - 6 pm

Come early and start the evening off with a tasty supper at a reasonable rate. Choose from grilled cheese, hot dogs, hamburgers, onion rings and fries or a weekly special. Top it off with a tempting selection of desserts! You don't need to play Bingo to enjoy!

Community Café

Weekdays at Noon

Reservations: Call 860-763-7428 by noon the day before & leave message.

A hot, full-course meal is served daily in the Senior Center Dining Room. Menus available in the Senior Center lobby and on our website. Suggested donation is \$2 and you must be age 60 or over.

CT Department of Social Services Assistance

5 N. Main Street, Enfield • 860-253-9024

An eligibility services supervisor is now located at the Mary Lou Strom Primary Care Center in Enfield on Mondays from 8:30 am to 4 pm to offer help with all state assistance programs. Call for an appointment.

Dial-a-Ride

Enfield Senior Center • 860-272-3545

Transportation for Enfield residents over the age of 60 and/or permanently disabled to destinations within town; and, through volunteers, to out-of-town medical appointments.

Enfield Adult Day Center

1A Beech Road, Enfield • 860-763-7538

The Town of Enfield Adult Day Center is a "Home away from Home" for your loved one. As a certified medical model we offer assistance with medication administration, personal care, socialization, exercise, entertainment and hot meals. We have a dedicated staff of Certified Nursing Assistants, Registered Nurses, Therapeutic Recreation Director, and a Social Worker. Call or visit for more information.

Enfield Grandparents Raising Grandchildren Support Group

Family Resource Center • 860-253-5144

Sponsored by the Commission on Aging and Alcorn Family Resource Center

Each fall, a six-week series is offered, followed by a monthly support group. Meetings are held in the evening and dinner is provided, as well as child care and activities for the children.

Enfield Housing Authority

860-745-7493

Information about elderly and subsidized housing.

Food Shelf

96 Alden Avenue, Enfield • 860-741-7321

Food supplies for those in need. Donations welcomed at the Food Shelf or leave non-perishables at the Senior Center during our regular hours.

Friends of the Enfield Senior Center

The Friends of the Enfield Senior Center, a nonprofit 501(c)(3) organization, was organized to raise funds in support of the Enfield Senior Center. Members sponsor the Senior Lifestyle Expo in the spring, schedule trips each year, and accept donations and memorials to further the mission of the Senior Center. A very large portion of their funds is generated by the Tuesday evening Bingo game, and donations are used to purchase needed items for the Center.

ITNNorthCentralConnecticut

860-758-7833

Learn about alternative transportation for seniors and visually impaired adults.

Little Treasures Gift Shop

Open during Senior Center hours

Shop for baby outfits, blankets, afghans and other gift items handcrafted by our talented group of seniors, as well as small trinkets and treasures.

Loaves and Fishes Soup Kitchen

860-741-0226

St. Andrew's Church, 28 Prospect St

Free meals served Sunday to Friday, 4 - 5 p.m., and Saturday 11 a.m. - Noon. For more information visit www.enfieldloavesandfishes.com.

Meals on Wheels

Office at Enfield Senior Center

860-763-0400 - leave message

Daily meals and light suppers are delivered weekdays to homebound seniors. Call Coordinator for information.



Medical Equipment Loan Closet

Elevated toilet seats, commodes, bath transfer benches, walkers and other medical equipment are available at the Senior Center on loan, free of charge, for up to eight weeks.

Medicare & Part D Assistance

Fridays • 9 - 11 am by appointment

Trained CHOICES volunteers offer information about options available with Medicare, supplemental insurance and Part D and assist with filing and processing claims.

Neighborhood Services

860-253-6396 • 100 High Street, Enfield

Help with all entitlement programs.

8 Ongoing Programs

This Newsletter was Sponsored by:



PROGRAM	DAY	TIME
ONGOING RECREATION		
Billiards Three championship tables are available for daily games. Come in anytime to play.	Every Day	
Bridge Drop in for contract bridge.	Tuesdays & Thursdays	12:30-3:30 pm
Canasta If it's been awhile since you've played, we'll help refresh your skills for this enjoyable game.	Mondays	10 am - Noon
Cribbage Learn the game, brush up your skills, and spend an enjoyable afternoon playing.	1st & 3rd Mondays	1-3 pm
Dominoes in the Evening Please bring your own set of dominoes and join others for a fun game.	Third Thursday of the month	4:30 pm
Friday Afternoon Dominoes Please bring your own set of dominoes and join others for a fun game.	Last Friday of the month	1 pm
Fun Bingo An informal game with small cash prizes.	Wednesdays	10:30 - 11:30 am
Hand & Foot No need to register. Just drop in.	Thursdays	12:45 pm
Mahjong All levels welcome.	Wednesdays	1-3 pm
Pinochle Others will help if you haven't played in awhile.	Wed. & Fri.	12:45 - 4 pm
Setback Join us for instruction and play.	Tuesdays	12:45-3:45 pm
Wii Bowling - We will begin at 5 pm by choosing teams and then the play begins. Bring your best game.	Thursdays	5-8 pm
ONGOING ARTS & CRAFTS — PROGRAMS ARE FREE		
Busy Fingers if you like to knit or crochet, join this group. Create items for the Little Treasures Gift Shop and craft fairs.	Wednesdays	10 am - Noon
Craft Fair Crafters Join our volunteers to make handmade gifts for our gift shop & future craft fairs. All skills and talents are invited-sewers, knitters, painters, crafters, gluers - beginner or advanced.	Mondays	9:30 am - Noon
Embroidery All skill levels of needle workers are welcome to make items for themselves or the Center Gift Shop.	Wednesdays	9-11 am
Heritage Group This group works on sewing, knitting, crocheting and craft projects throughout the year. Craftspeople of all skills and interests are welcome to join.	Tuesdays	10 am - Noon
Sassy Sewers Quilters and sewers! Come and share ideas, swap fabric, and show and tell.	2nd & 4th Tuesdays	1 - 3 pm
Woodcarving Meet in the Game Room to carve away the morning, share ideas, and swap patterns and techniques. All levels welcome.	Tuesdays	9 am - Noon

If you're over 50 or have osteoporosis, it's important that you don't ignore your back pain. It may signal a spinal fracture. See your doctor right away if you think you may have one.

Spinal fractures can be repaired if diagnosed.

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Don't turn your back
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Dining Out Around Town

****All offers are valid "any" day of the week during regular business hours unless otherwise noted. Offers cannot be combined with any other offer. One Coupon or Offer with each party or group. Offers expire May 31, 2011 unless otherwise noted.**

9



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Mama Miro's
 Pizzeria Restaurant

Buy One Breakfast & get the 2nd breakfast of equal or lesser value
1/2 OFF!

Saturday Only • Expires 5/31/2011
 Cannot be combined with any other offer or special.

117 Hazard Avenue, Enfield
 M-Th 11am - 10pm • F-Sat 11am - 11pm



Mama Miro's
 Pizzeria Restaurant

FREE Cup of Soup w/\$5.00 purchase or more

Expires 5/31/2011
 Cannot be combined with any other offer or special.

117 Hazard Avenue, Enfield
 M-Th 11am - 10pm • F-Sat 11am - 11pm



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 Offer good for seniors only
 Cannot be combined with any other offer
 Dine-In-Only
 Offer expires 5/31/11



FREE SANDWICH

Purchase any sandwich and get 2nd sandwich of equal or lesser value free.
 at Enfield, East Windsor, Windsor Locks locations
 Expires May 31, 2011

THE COUNTRY DINER

Senior Discount
10% OFF

One coupon per bill/ Cannot be combined with other offers. Expires 5/31/2011

111 HAZARD AVENUE, ENFIELD

LARGE 1 TOPPING PIZZA
\$6.99

Pick-up or Delivery
 54 Hazard Avenue, Enfield • We Deliver
860-741-3016

DEEP DISH EXTRA Offer Valid Sunday - Saturday Expires 5/31/11



MOLINA'S CAFE

\$1.50 OFF
 Your Check of \$6.00 or more.
\$3.00 OFF
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 AMERICA RUNS ON DUNKIN'

FREE DONUT
 With the purchase of medium or large coffee

Offer valid at all Enfield Locations.
 Cannot be combined with any other offer.
 One coupon per visit. Expires 5/31/2011
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RED ROBIN
 GOURMET BURGERS

\$5.00 OFF

Cannot be combined with any other offer or special. Limit one coupon. Must present coupon. Expires 5/31/11. Dine-in only.

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Tuesday Only
 Must be 65 Years or Older.

Valid Every Tuesday!

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10 Clinics, Screenings & Support

This Newsletter was Sponsored by:



Bereavement Support

This group, facilitated by trained grief counselors from Home & Community Health Services, Inc., offers support for anyone who has suffered loss. Call 860-763-7600 to sign up or obtain more information.

Blood Pressure Screenings Wednesdays • 11 am - Noon

Free blood pressures are taken by Visiting Nurse & Health Services of CT and Home & Community Health Services, Inc. No appointment needed, just stop in.

Blood Pressure Screenings - Evenings Wednesday, May 11 • 5 - 6 pm

Stop in for this free service provided by Visiting Nurse & Health Services of CT.

Diabetes Support Group

Thursday, May 12 • 1 - 2 pm
Sponsored by Visiting Nurse & Health Services of CT.

If you or a loved one live with Diabetes and are looking for encouragement and a sharing of experiences from others who manage this condition, then please join us. We meet the second Thursday of every month.



Foot Care Clinic Friday, May 13 • 8:30 am - 3 pm by appointment only

Registered nurses from Pedi-Care trim nails and check for foot health problems. Cost is \$28. Home visits available for homebound seniors.

Foot Care Clinic - Evenings Wednesday, May 18 • 1 - 7:30 pm by appointment only

This same wonderful service is now available with convenient evening hours. Cost is \$28.

Hearing Loss Support Group Monday, May 23 • 9:30 am

Many people experience hearing loss, and until you go through it, you do not know the profound effect it has on your life. Join others who are dealing with this issue. Please register in the office.



Hearing Screening Friday, May 6 • 12:30 - 3 pm Call 860-763-7425 for appointment

Free screening performed by the Hear Again Center on the first Friday of every month.

Stroke Support Group Tuesday, May 10 • 10 am

Join others for support, friendship, laughter and education. Facilitated by Visiting Nurse & Health Services of CT. If you have any questions, please call: Sandie Pino, MSW, LCSW. Visiting Nurse & Health Services of CT - 860-872-9163.

T.O.P.S. Wednesdays • 1:30 - 3 pm

Take off pounds sensibly. Meet with others for support and strategies for losing weight.

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Beginner Italian

Mondays • 9:30 – 11:30 am

May 2 – Jun 27 8 weeks

R \$24 NR \$32

No class on May 30.

Learn the basics of Italian in a fun, relaxed atmosphere.

How to Spend your Children's Inheritance and Have Them Love You for It

Wednesday, May 4 • 1 pm

Presented by John G. Dee, President, Wealth Preservation Group, Inc.

You won't want to miss this one. Find out how to increase your retirement income and preserve your children's inheritance using a time tested strategy used by the wealthy for generations. Sounds too good to be true? Seeing is believing. Call to reserve your spot today.



How the Eye Works

Wednesday, May 11 • 1 pm

Presented by Andrew Epstein, M.D.

Dr. Epstein will lead a lively discussion on how the eye works as well as information on near-sightedness, far-sightedness, astigmatism, macular degeneration, glaucoma, cataracts, and diabetic retinopathy.

The Aging Brain

Wednesday, May 18 • 1 pm

Presented by Martin Oliveira, Psy.D.

Sponsored by Easter Seals Capital Region & Eastern Connecticut

Dr. Oliveira will talk about how the brain changes as we age and what we experience, from the annoying inconveniences of age-related memory loss to more serious conditions like Alzheimer's and dementia. He will discuss some of the myths (no we don't lose 100,000 neurons every day after age 30) and challenges (yes, to a degree there is something to be said for "use it or lose it") of maintaining brain health as we age. He will also speak about the profession of neuropsychology and how neuropsychologists can be helpful toward assessing many conditions related to brain function such as the effects of stroke, traumatic brain injury, cognitive changes and memory loss. A Speech-Language Pathologist and Occupational Therapist will also be on hand. Refreshments will be served.

Exercise to Improve Your Strength, Balance and Flexibility

Wednesday, May 25 • 1 pm

Presented by Brian Nyberg OTR/L, Director, Physical Medicine and Rehabilitation, Johnson Memorial Hospital and Jennifer Bessette RPT, Program Manager, Evergreen Health Care Center

Johnson Memorial Medical Center staff, will talk about how to prevent falls in the home and community and exercises that can improve your strength and dynamic balance. The therapists will also be able to complete a standardized balance assessment that will determine your individual risk for falls.



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Presented by John G. Dee, President

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 - Optional Fitness Assessment
- To schedule an appointment with a Fitness Assistant or for an answer to any questions, call (860)272-3554.

Chair Exercises

Mon, Wed & Friday • 11 am - Noon

Free

No Chair Exercises on Friday, May 13.

Improve flexibility, coordination & stamina.



Jan's Exercise

Mon. Wed. & Fri. • 9 - 10 am

May 2 - 27

1-day 4 classes

R \$15 NR \$20

2-day 8 classes

R \$24 NR \$32

3-day 12 classes

R \$33 NR \$44

June 1 - 29

1-day 5 classes

R \$18 NR \$24

2-day 10 classes

R \$30 NR \$40

3-day 13 classes

R \$36 NR \$48

Stretches for every part of the body. This class meets on Monday, Wednesday and Friday, allowing you the flexibility to attend any day the class meets up to the maximum number for which you are enrolled.

Introduction to Line Dancing

Thursdays • 4 - 5 pm

May 19 – Jun 30.....7 classes

R \$21 NR \$28

This class is designed for individuals who have no experience in line dancing and would like to learn the very basics.

Line Dancing

Mondays • 1 – 2 pm

May 16 – June 27..... 6 classes

R \$18 NR \$24

No class on May 30.

Learn to dance and have fun.

Pilates

Thursdays • 4:45 pm – 5:45 pm

May 19 – Jun 30..... 7 classes

R \$21 NR \$28

Pilates is a mind-body exercise that focuses on strengthening the core. It is gentle to your body but still a challenging workout.

Simply Stretch & Strengthen with Lynne

Mondays • 10:30 - 11:30 am

May 16 – Jun 27..... 6 classes

R \$18 NR \$24

No class on May 30.

Fridays • 10:30 - 11:30 am

May 20 – Jun 245 classes

R \$15 NR \$20

No classes on June 3.

Stretch and strengthen every part of your body, relax and revitalize with breathing exercises, improve your balance with simple yoga postures both seated and standing. This class is for all ability levels and will not involve mat work or getting down on the floor. Stretch and strengthen in this enjoyable yoga class.

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Stretch, Roll & Strengthen with Dan

Tuesdays • 10:30 - 11:30 am

May 17 – June 28..... 7 classes

R \$21 **NR** \$28

Learn to use the stability ball, hand weights and resistance tubing for an all-over body stimulating exercise session.

New Tai Chi Chih

Mondays • 2:15 - 3:15 pm

May 16 – June 27..... 6 classes

R \$18 **NR** \$24

No class on May 30

Tai Chi Chih (pronounced tie chee chuh) is a simpler form of Tai Chi that focuses on balance and stress reduction. Read about it in the Nov/Dec issue of AARP Magazine where it is called “the effort of no effort.”

Tai Chi – Advanced Beginner

Tuesdays • 8:45 - 9:45 am

May 17 – June 28..... 7 classes

R \$28 **NR** \$35

This class is designed for individuals who have some experience in Tai Chi and would like to learn beyond the basics.

Tai Chi – Intermediate

Thursdays • 8:45 - 9:45 am

May 19 – June 30..... 7 classes

R \$28 **NR** \$35

Continue with more advanced movements.

Yoga – Chair and Standing

Tuesdays • 11 am - 12 pm

May 17 – June 28..... 6 classes

R \$18 **NR** \$24

No classes on May 31.

An enjoyable series of stretches & movements leave you energized & relaxed. No mat work. Positions are modified for chairs and standing and designed for older adults.

Yoga – All Levels, floor

Tuesdays • 9 - 10 am

May 17 – June 28..... 6 classes

R \$18 **NR** \$24

Tuesdays • 10 - 11 am

May 17 – June 28..... 6 classes

R \$18 **NR** \$24

Thursdays • 6 - 7 pm

May 19 – Jun 30..... 6 classes

R \$18 **NR** \$24

No classes on May 31 or June 2.

This class is for active adults who want to incorporate mat work into their yoga practice. Even if you have never had a yoga class, the instructor will guide you through modified sun salutations and postures.



Zumba Gold

Wednesdays • 6 - 7 pm

May 18 – Jun 29..... 7 classes

R \$28 **NR** \$35

Zumba is fitness made fun! Latin rhythms and easy-to-follow moves create a dynamic and exciting workout designed for those over 50.

NEW! Zumba Gold Mornings

Wednesdays • 10:30 - 11:30 am

June 1 – June 29..... 5 classes

R \$20 **NR** \$25

Try a morning Zumba workout to get energy for the day. The Latin rhythms will keep you moving.



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Card Making

Fridays • 9:30 - 11:30 am

May 13 & 27 2 classes

R \$8 **NR** \$10

June 10 & 24 2 classes

R \$8 **NR** \$10

We'll make the following: May 13 – Pocket Cards; May 27 – Sympathy Cards; June 10 – What's Cookin?; June 24 – Thinking of You

Cards with Valorie

Mondays • 6 - 8 pm

May 9 & 23 2 classes

R \$6 **NR** \$8

June 13 & 27 2 classes

R \$6 **NR** \$8

Join us to create handmade greeting cards using rubber stamps and embellishments. There is a special project for each class and you will complete four cards with envelopes in each class. Supply cost of \$4 per class payable to instructor.

Ceramics

Thursdays • 9 am - Noon

May 5 - 26 4 classes

R \$16 **NR** \$20

June 2 - 30 5 classes

R \$20 **NR** \$25

Learn ceramics, from preparing greenware to finishing or firing the piece. Greenware & firing extra.

Jewelry - Mornings

Fridays 9:30 - 11:30 am

May 20 and June 17

Each class **R** \$4 **NR** \$5

You may register for individual classes

Jewelry - Evenings

Thursday • 5:30 - 7:30 pm

May 19 and June 16

Each class **R** \$4 **NR** \$5

You may register for individual classes

Make a bracelet, necklace or earrings, or restore a cherished piece of jewelry. Create special one-of-a-kind gifts and beaded accessories from our instructor's huge selection of beads.

Make It & Take It

Scrapbook Page

Tuesdays • 1:30 - 3:30 pm

May 17 and June 21

Each class **R** \$3 **NR** \$4

You may register for individual classes.

Create pages to showcase special photos. Different themes and techniques will be used.

Mosaic Bowling Ball

Wednesday • 1:30 - 3:30 pm

May 18 - June 15 5 classes

R \$10 **NR** \$15

Create a unique garden ornament from an old bowling ball. Get creative with the mosaic process using glass, china, marbles or seashells. You will end up with a stunning mosaic garden sphere to add color and whimsy to your garden.

Scrapbook Crop

Tuesdays • 1:30 - 4 pm

May 3 and June 7

Each class **R** \$3 **NR** \$4

You may register for individual classes.

Join us to share ideas, organize your photos and get them into your scrapbooks.

Scrapbook & Card Making Workshop

Fridays • 9 am - 3 pm

June 3

\$5 per person

Bring supplies and join us for an all-day scrapbook and card making workshop. Finish holiday cards or scrappin' your backlog of photos. Some tools will be provided to share. Register early - space is limited. Fee includes continental breakfast. Tickets available in office.

Make-It & Take-It Picture Frame Dry Erase Board

Tuesday • 5:30 - 7:30 pm

May 17 1 class

Using your materials: **R** \$7 **NR** \$9

Using our materials: **R** \$10 **NR** \$12

Register early if you're using our materials

Have an old frame with the glass still intact that is not being used? How about a great sheet of scrapbooking paper that you have yet to use? Bring them in and let us show you how to refurbish them into a functional piece of art! If you do not have your own materials, we can provide them (reflected in class cost). A dry erase marker will be provided for this take home project.



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Print Shop Greeting Card Workshop

Tuesdays • 1 - 3 pm

May 3 - 17..... 3 classes

R \$9 **NR** \$11

Learn to make greeting cards for that special friend or grandchild. Using Print Shop software, learn how to use graphics and text to make your own personalized greeting cards. You'll create cards using the Quick Start layout, and then go on to learn how to customize a Start-From-Scratch layout. You'll make several cards to take home and all supplies are included. *Prerequisite: Beyond Basic Computers or equivalent computer experience.*

Fun & Fitness for the Brain

Tuesdays • 1 - 3 pm

May 24 – June 14..... 4 classes

R \$12 **NR** \$16

Mental, as well as physical exercise, keeps the brain active. Just as we vary physical workouts, we also need to try new and different mental exercises. This class will show you many different activities that are not only fun to do, but also help keep our brains fit. *Prerequisite: Basic Computer Skills or similar computer experience.*

New Advanced Computer Skills

Thursdays • 10 am - 12 pm

May 12 – June 2..... 4 classes

R \$12 **NR** \$16

Go beyond Beyond Basics. This class is for the computer user who feels confident in their skills but wants to know more. Review the Beyond Basics class and then learn about the control panel, Google searches, YouTube, Facebook, and other topics.

New Cutting and Pasting from the Internet

Tuesday, June 21 • 1 - 3 pm

R \$3 **NR** \$4

If you have seen a poem or picture on the Internet that does not have a copyright, you can cut it and paste it to a document without printing it and retyping. You can do this with recipes, information, quotes and many other things. Learn how to use the easy tool.



Learning to Use the Mouse

Monday, May 16 • 10 am - 12 pm

R \$3 **NR** \$4

Using the mouse is not a natural skill. It takes practice. This class will take the person new to computers, or someone who just wants to know more, through pointing, clicking, and moving the mouse.

Basic Computer Skills

Wednesdays • 1 - 3 pm

May 11 – June 29..... 8 classes

R \$24 **NR** \$32

Perhaps you need a basic knowledge of computers in your workplace, or your children and grandchildren would like you to be able to e-mail them. Whatever the reason, join us to learn the basics. If you're brand new to computers, this class will give you a good start. You'll begin with turning the computer on, using the mouse and keyboard and advance to learning basic skills.

Internet

Mondays • 1 - 3 pm

May 2 – May 23

Thursdays • 1 - 3 pm

June 9 – June 30..... 4 classes

R \$12 **NR** \$16

Learn to navigate the web, search for information, and use message boards, chat rooms, & instant messaging. Learn to save favorite web addresses, forward & organize messages, and download & save internet files. *Prerequisite: Beyond Basic Computer Skills or equivalent computer experience.*

E-mail and You

Wednesday • 10 am - Noon

May 4 – May 25..... 4 classes

Thursdays • 1 - 3 pm

May 5 – May 26..... 4 classes

R \$12 **NR** \$16

Learn to send & receive e-mail, create your own account and attach photos. Compare the different features of Yahoo and Google web based e-mail services and the features that are unique to both, and much more. *Prerequisite: Beyond Basic Computer Skills or equivalent computer experience.*

Computer Help Open Session

Every Wednesday • 8 - 10 am

Free

Drop in to have your questions answered. No question is dumb. Maybe you are taking a class and need practice or you may have a question about your laptop, desktop or software. Bring any question during this open forum and have it answered. Everyone is welcome!

Basic Photoshop Editing

Mondays • 10 am - 12 pm

June 6 – June 20..... 3 classes

R \$9 **NR** \$12

Learn how to import photos for editing including scanning, downloading from your camera, or saving photos from the internet or e-mails. Use framing straightening, cropping and resizing and fix red eye, enhance contrast, brightening, and skin tone correction. *Prerequisite: Beyond Basic Computers or equivalent computer experience.*

Introduction to the iPad

Monday, May 23 • 10 am - 12 pm

1 class

Free

Bring your iPad and let's learn together. We will share what we have discovered.

How to Back Up Your Computer

Monday, June 6 • 1 - 3 pm

1 class

R \$3 **NR** \$4

You have downloaded precious photos onto your computer. You may keep financial records, health records or important documents too. What happens if the computer crashes? Learn how to back up files on CDs, DVDs, flash drives, external hard drives, or online.



Enfield Senior Center

May 2011 Newsletter

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- Home Health Telemonitoring
- Meals on Wheels
- Lifeline Emergency Response
- Geriatric Care Management
- Home Health Aides
- Live-Ins
- Homemakers
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